

Full Report (All Nutrients) 04609, Animal fat, bacon grease

Report Date: July 04, 2017 16:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Fats and Oils

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 tsp 4.3g |
|--------------------------------|-------------|---------------------------------|------------------------|-------------------|-----------------------|
| Proximates | | | | | |
| Water | g | 0.00 | -- | -- | 0.00 |
| Energy | kcal | 897 | -- | -- | 39 |
| Energy | kJ | 3753 | -- | -- | 161 |
| Protein | g | 0.00 | -- | -- | 0.00 |
| Total lipid (fat) | g | 99.50 | -- | -- | 4.28 |
| Ash | g | 0.50 | -- | -- | 0.02 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | 0.00 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 |
| Sugars, total | g | 0.00 | -- | -- | 0.00 |
| Minerals | | | | | |
| Calcium, Ca | mg | 0 | -- | -- | 0 |
| Iron, Fe | mg | 0.00 | -- | -- | 0.00 |
| Magnesium, Mg | mg | 0 | -- | -- | 0 |
| Phosphorus, P | mg | 0 | -- | -- | 0 |
| Potassium, K | mg | 0 | -- | -- | 0 |
| Sodium, Na | mg | 150 | -- | -- | 6 |
| Zinc, Zn | mg | 0.11 | -- | -- | 0.00 |
| Copper, Cu | mg | 0.000 | -- | -- | 0.000 |
| Selenium, Se | µg | 0.0 | -- | -- | 0.0 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 |
| Thiamin | mg | 0.000 | -- | -- | 0.000 |
| Riboflavin | mg | 0.000 | -- | -- | 0.000 |

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|------------------------------|------|------------------------|----------------|------------|---------------|
| Niacin | mg | 0.000 | -- | -- | 0.000 |
| Pantothenic acid | mg | 0.000 | -- | -- | 0.000 |
| Vitamin B-6 | mg | 0.000 | -- | -- | 0.000 |
| Folate, total | µg | 0 | -- | -- | 0 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 0 | -- | -- | 0 |
| Folate, DFE | µg | 0 | -- | -- | 0 |
| Choline, total | mg | 42.2 | -- | -- | 1.8 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 0 | -- | -- | 0 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.60 | -- | -- | 0.03 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 2.5 | -- | -- | 0.1 |
| Vitamin D3 (cholecalciferol) | µg | 2.5 | -- | -- | 0.1 |
| Vitamin D | IU | 101 | -- | -- | 4 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | 0.0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 39.004 | -- | -- | 1.677 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |
| 10:0 | g | 0.100 | -- | -- | 0.004 |
| 12:0 | g | 0.199 | -- | -- | 0.009 |
| 14:0 | g | 1.294 | -- | -- | 0.056 |
| 16:0 | g | 23.681 | -- | -- | 1.018 |

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|------------------------------------|------|------------------------|----------------|------------|---------------|
| 18:0 | g | 13.432 | -- | -- | 0.578 |
| Fatty acids, total monounsaturated | g | 44.874 | -- | -- | 1.930 |
| 16:1 undifferentiated | g | 2.686 | -- | -- | 0.115 |
| 18:1 undifferentiated | g | 40.994 | -- | -- | 1.763 |
| 20:1 | g | 0.995 | -- | -- | 0.043 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 11.144 | -- | -- | 0.479 |
| 18:2 undifferentiated | g | 10.149 | -- | -- | 0.436 |
| 18:3 undifferentiated | g | 0.995 | -- | -- | 0.043 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 95 | -- | -- | 4 |
| Amino Acids | | | | | |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |